Good News for Homemakers

About peanut butter

By SHIRLEY W. WALTON
Extension Agent
Peanut Butter - A Real American Food

This is Part I of a two-part article on Peanuts and Peanut Butter.

The United States leads the world in consumption of peanuts as food, largely because of our unique fondness for peanut butter. The ability of growers and processors to produce flavorful, wholesome peanuts and peanut products also plays a large part in this factor.

Peanuts were known in the American colonies before 1750 and Thomas Jefferson mentioned them as "ground nuts" or "ground peas." For many years it was believed that the peanut originated in Africa, but the discovery of peanuts in Inca tombs now indicates that the peanut is native to the Americas and was probably spread to Africa and Asia by the sixteenth century Spanish and Portugese explorers.

In the United States the peanut was not known on a national scale until after the War Between the States. Did you know that the Yankee soldiers took peanuts home with them they had acquired such a taste for them while fighting in the South? It is most interesting to note how history has played a part in many of our food consumption patterns and habits.

Peanuts have been ranked by the Department of Agriculture as one of the six basic U.S. farm crops. They are three general types of peanuts commonly grown today. They are the small round Spanish peanut; the larger, longer Virginia kind and a newer type called the Runner which was carefully developed by agricultural scientists and introduced on a large scale after World War II. The runner is the leading type used in making peanut butter.

Alabama and Georgia alone grow roughly two-thirds of all the peanuts used by the peanut butter industry, although peanuts are produced commercially in at least a dozen other Southern states. Virginia being one of them. U.S. families, schools and institutions have greatly increased their use of peanut butter since 1960. It now takes well over 600 million pounds of shelled peanuts a year to satisfy the American appetite for peanut butter.

Peanut butter is one of the most nutritionally valuable foods in daily use today by the American public. The U.S. Department of Agriculture's analysis of commonly consumed foods show that peanut butter is a good source of protein, niacine, phosphorus, magnesium and other nutrients. Few other foods rank so high in such a broad range of nutritional elements needed by both children and adults to maintain health and energy.

Peanut butter is 26% protein, a percentage higher than eggs, dairy products and many cuts of meat and fish which are known as traditional protein foods. Of the dozen or more high ranking protein foods, peanut butter is among the most economical. Peanut butter's vegetable protein is used most efficiently when eating with some other animal protein foods such as a glass of milk.

Because the body has great difficulty in storing up this important element (protein) from one day to another, most nutritionists insist that an almost daily supply of protein is needed by all ages. Peanut butter, with its many uses for snacks and meals, is one of the most taste pleasing ways to maintain this nutritional balance.

Next week is Part II, I shall share with you some uses of that All American food, Peanut Butter.

If you have a homemaking question or problem, you may call 352 8244 or you may write P.O. Box 488, Appomattox, VA 24522. It is always a pleasure to hear form you and to help you.

Have a good week!

RECIPE OF THE WEEK
Strawberry Pie

1½ cups water
1 cup sugar
2 tablespoons cornstarch

Boil until clear. Add 1 small box strawberry gelatin and juice of ½ lemon or 1 teaspoon pure lemon juice. Chill mixture. Then fold in 1 quart strawberries. Pour in two (2) baked pie shells. Keep in refrigerator until ready to use. Top with prepared whipped topping or whipped cream.

It is strawberry time again and this recipe is a springtime favorite. The pies will keep several days when refrigerated. Because of requests, we are running this recipe again.

THE JUNIOR-SENIOR PROM was held last month on Saturday, April 30 in the ACHS cafeteria. The theme was "On The Wings Of Love" and entertainment was provided by the House Rockers. The big event of the evening was the crowning of the Prom King and Queen and the announcement of their court. Left to right, standing, Rick Caldwell, Prince; Patty Roach, Princess; Tommie Robinson, King; Sylvia Trent, Princess; Jody Williams, Prince and seated, Sheila Roach, Queen.

Raider Review

Big Apple made for lots of fun on '83 senior trip

By JENNIFER INGE

The senior class of 1983 finally got their senior trip, and what a trip it was. Thirty-nine seniors and four chaperones traveled to New York City on May 12, 1983, for a four-day excursion of sight-seeing and fun. The travelers stayed at a Howard Johnson's in Secaus, New Jersey, which was a short drive from the "Big Apple".

Two full days were spent entirely on sight-seeing events. On Friday, the group took a bus tour through Manhatten including such sights as Greenwich Village, Little Italy, the Bowery, Times Square, and Chinatown. While in Chinatown, they visited a Chinese Temple and walked through parts of the town, which is said to have the lowest crime rate of any section of New York City.

The sight-seeing tour also included a visit to the Statue of Liberty. The group took a ferry from Battery Park to Liberty Island where time was allowed for those brave enough to climb the statue. The next activity was a tour of the Lincoln Center which is the "core of the open and allied arts of symphony and music." From the Lincoln Center, the group traveled to the United Nations building for a tour full of interesting information.

Friday evening was truly an unique experience as the group viewed some of the entertainment for which New York is famous. They saw George Gershwin's Porgy and Bess at Radio City Music Hall.

Saturday was also full of sight-seeing, beginning with a spectacular slide show with a number of sound and lighting effects entitled "The New York Experience." They then took a short walk through Rockefeller Center, which is the world's largest privately-owned business and entertainment complex. A subway ride to Macy's, the world's largest department store, was the next event.

The rest of the afternoon was spent touring the Empire State Building. The 102-floors-high building presented a spectacular view from the observatory where one could see 50 miles.

The group took a short visit to the famous Saks Fifth Avenue before dinner. After a day of shopping and sight-seeing, everyone was ready to retreat to Mamma Leone's for a five-course Italian dinner. A magician, a guitarist, and a serenader performed to provide entertainment throughout the meal.

A tired, but happy, group said their good-byes to the "Big Apple" as they headed home at 8 a.m., Sunday, May 15. The trip to New York City proved to be a memorable and exciting one that will be remembered for a long time by those seniors who went.

Tasty tour set Aug. 10

"A Tour of Virginia with Your Tastebuds" aptly describes the second annual Virginia Food Festival scheduled at the state fairgrounds in Richmond on Aug. 10 from 4 to 8 p.m.

The wide variety of Virginia produced foods and beverages served at the initial event last August will be expanded this year to include seafood and veal, according to festival co-chairmen Stanley O. Forbes, Charlottesville and H. Earl Longest, Mechanicsville.

The menu also will include barbecued pork, beef and chicken, cole slaw, egg, dairy and apple products, peanuts and roasted soybeans and the list is expected to grow as festival plans develop.

Entertainment, special fund events, door prizes and a repeat of last year's popular food auction are billed as added attractions for this summer's "extravaganza of food, frolic and frivolity."

A limited number of tickets will be sold on a first-come first-served basis. For a $12.50 ticket, a festival goer will get all he or she can consume of the food and drink offered during the four hour outing. Children under five will be admitted free.

Tickets may be obtained by writing to the Virginia Food Festival, P.O. Box 716, Richmond, VA 23206, enclosing a check or money order for the desired number of tickets.

The 1982 festival attracted a crowd of more than 4,000.

Con$umer ene Note$

By OCIE M. MACK
Extension Agent

The first hot day of summer is not the time to check the air conditioner to see if it needs maintenance. If a person waits to check the air conditioner on the day it's needed and it only blows hot air into the room, the owner has three choices:

1. Call a repair technician
2. Buy a new one; or
3. Suffer the heat

The service technicians will be flooded with calls from other air conditioner owners and will take a while to make a repair call. In the meantime, the owner will suffer. If the air conditioner has passed the point of repair, more time will be spent being uncomfortable until a replacement can be obtained.

This can be avoided by checking the air conditioner before the hot weather begins. Just turn it on and make sure it cools.

It also is a good time to check the following to improve the unit's efficiency:

Clean and replace the filter. A dirty filter restricts air movement and increases the amount of electricity it takes to cool a home. Check the filter once a month during the cooling season.

Check the coils, inside and out. Dirt accumulation on the coils reduces efficiency.

Look at the power cord for peeling or cracked insulation. Replace it if necessary.

Check the fit around window air conditioners. Make sure warm air will not get in through cracks.

Trim bushes and shrubs outside the house to help air circulate around the air conditioner.

Check the owner's manual for other maintenance suggestions.

Happiness is 4-H

By FRANK SWEET

Congratulations to each of the 4-H members who participated in judging events during the past several weeks. Participating in the District judging events were the following 4-H members: Consumerama -- Rose Christian, Terri Hamlett, Laura Doss and Richard Gallier; Egg Grading -- Martha Haley, Howard Anderson, Jo Anna Layne, Wendy McClenny and Beth Marston; Forestry -- Lisa Harrison, Nancy Cole, Curtis Moore, Brent Harrison, Teresa Burger, Matt Servis and Rick Pack. Meats - Brett Marston, Ernest Humbles, April Talbot, Glen McClenny, Wayne Martin and Curtis Moore.

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June is Dairy Month 4-H Posters were judged earlier this week, with the winners being announced today. The theme for this year's program was "It's Milk for Me." The American Dairy Association provides awards for the top posters in three age groups.

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The annual 4-H Dog Show will be held in September of this year rather than in June as has been normally done. A change in sponsorship and an effort to transfer some 4-H programs from spring to fall have made this change necessary.

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Applications for Holiday Lake 4-H Camp are due in the Extension Office by Friday, June 10. A list of camp classes and a 4-H camp health history form are being sent to each 4 H'er who has signed up to attend camp.

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Members may turn in completed projects during the spring and summer if they wish to do so. Projects are judged once a year (October) and projects submitted during the summer will be held until all are judged. 4-H projects are most important to developing a strong record.

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Senior 4-H'ers are reminded of the August 1 deadline for completing achievement records. Early June is a good time to begin preparing these records. Call us at the Extension Office if you have questions or need assistance.

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BEALE'S WHOLE Country HAM lb. $1.59
MIXED Fryer PARTS lb. 59¢
RICHFOOD Hickory & Chicken FRANKS lb. 69¢
RICHFOOD Meat or BEEF FRANKS 12oz. PKG. 99¢

BONELESS Sirloin STEAK ..... lb. $2.99
RICHFOOD BEEF PATTIES .... 1-lb. PKG. $1.39

Grocery Dept.
ASST. 7 SEAS Salad DRESSING .... 8oz. BOT. 69¢
FOR MEAT... A-1 SAUCE ..... 10oz. BOT. $1.69
NESTLE'S SEMI-SWEET CHOC. CHIP MORSELS ..... 12oz. PKG. $1.79
Family Size... RICHFOOD FUDGE Brownie MIX ..... 21½oz. PKG. 99¢
KEEBLER CHOCOLATE READI-CRUST .... 6oz. PKG. 79¢
KRAFT MINI MARSHMALLOWS ... 10½oz. PKG. 49¢
CHATHAM DOG MEAL ..... 25-lb. BAG $3.49

RASCAL Chicken BOLOGNA ... lb. 79¢
FILLET OF OCEAN PERCH .... lb. $1.89

Bargains
PRE-SWEETENED KOOL-AID ..... 10QT. SIZE $2.49
POCAHONTAS CUT GREEN BEANS .. 3 15½oz. CANS $1.00
WELCH'S GRAPE JUICE ... 64oz. CONT. $2.29
LARGE BOX... RICHFOOD SNACKER CRACKERS ..... 1-lb. BOX 89¢
CHOC. FLAVORED DRINK MIX Nestle's QUIK ..... 2-lb. TIN $2.59
ASST. KITTY CAT FOOD ..... 4 6oz. CANS $1.00
W/MEAT... JUST-RITE HOT DOG CHILI ... 3 10oz. CANS $1.00
REG. or SUGAR-FREE DR. PEPPER OR SUNKIST 8 - 16 Oz. Bottles Plus Deposit $1.29

SOLO PLASTIC CUPS (160z.) PKG. 20's 69¢
FRENCH'S Squeeze MUSTARD 16oz. CONT. 69¢
VLASIC Sweet RELISH 10oz. JAR 2 FOR 89¢
VLASIC Kosher DILLS 46 oz. JAR 99¢
WHITE HOUSE Apple SAUCE 16½ oz. CAN 3 FOR $1.00
RICHFOOD REG. or DIET COLA 2 LITER BOT. 49¢
SCOTT PAPER TOWELS JUMBO ROLL 69¢
RICHFOOD Tea BAGS PKG. 100's $1.29
BUNKER HILL Hot Dog CHILI 10 oz. CAN 39¢
PHILLIPS Pork & BEANS 1-lb. CAN 3 FOR $1.00

KRAFT Deluxe MACARONI and CHEESE 14 oz. PKG 99¢

Health and Beauty Aids...
DR. LANE RUBBING ALCOHOL ..... 16oz. BOT. 39¢
SMALL, MED., LARGE... PLAYTEX LIVING GLOVES .... PKG. $1.29
REG. or EX. BODY... Silkience SHAMPOO ..... 15oz. BOT. $2.39
REG. W/BODY... Silkience CONDITIONER ..... 15oz. BOT. $2.39
2 VARS. WHITE RAIN HAIR SPRAY ..... 7½oz. CAN $1.49
2 VARS. ROLL-ON DEODORANT DRY IDEA ..... 2½oz. PKG. $2.59

Fresh Produce Bump
N. CAROLINA JUICY RED SWEET POTATOES lb. 9¢
IDAHO... BAKING POTATOES 5-lb. BAG 79¢
5 VARIETIES Li'l HUG Fruit DRINKS 8oz. BOT. 10¢

Frozen Food and Dairy
BANQUET Fried CHICKEN 2-lb. PKG. $2.39
KRAFT American CHEESE 16 SINGLE SLICES 12oz. PKG. $1.49
RICHFOOD Orange JUICE FROZ. • 12oz. CAN 79¢
RICHFOOD BISCUITS SWEET or BUTTERMILK 4-PK. 8oz. CANS 59¢
ALL FLAVS. SEALTEST ICE CREAM ½ GAL. CONT. $1.99
TOPPING... PET WHIP ..... 8oz. CONT. 69¢
RICHFOOD SOUR CREAM ..... 16oz. CONT. 99¢
RICHFOOD ICED TEA, ORANGE DRINK or LEMONADE ..... ½ GAL. 59¢
ALL FLAVORS... LA YOGURT ..... 3 6oz. CUPS $1.00
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REG. or SUGAR-FREE PEPSI COLA • MOUNTAIN DEW (PLUS DEPOSIT) 8/PT. BOTS. $1.39
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IMPERIAL CHARCOAL BRIQUETS 10-LB. BAG $1.49
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